

Vermont Mental Health Performance Indicator Project
Weekly Report
July 23, 1999

Practice Patterns in Adult Mental Health Outpatient

This week's PIP continues the examination of practice patterns that was introduced last week. The attached graphs and tables provide historical and cross-sectional overviews of the type and amount of service reported by Adult Mental Health programs in Vermont. As most of you know, Adult Outpatient Programs are designed to serve individuals over the age of 18 years who do not have prolonged serious disabilities but who are experiencing emotional, behavioral, or adjustment problems severe enough to warrant professional attention.

From an historical perspective, it is apparent that individual counseling has been the dominant modality for more than a decade. The total volume of individual counseling provided to consumers, however, has been declining for a number of years.

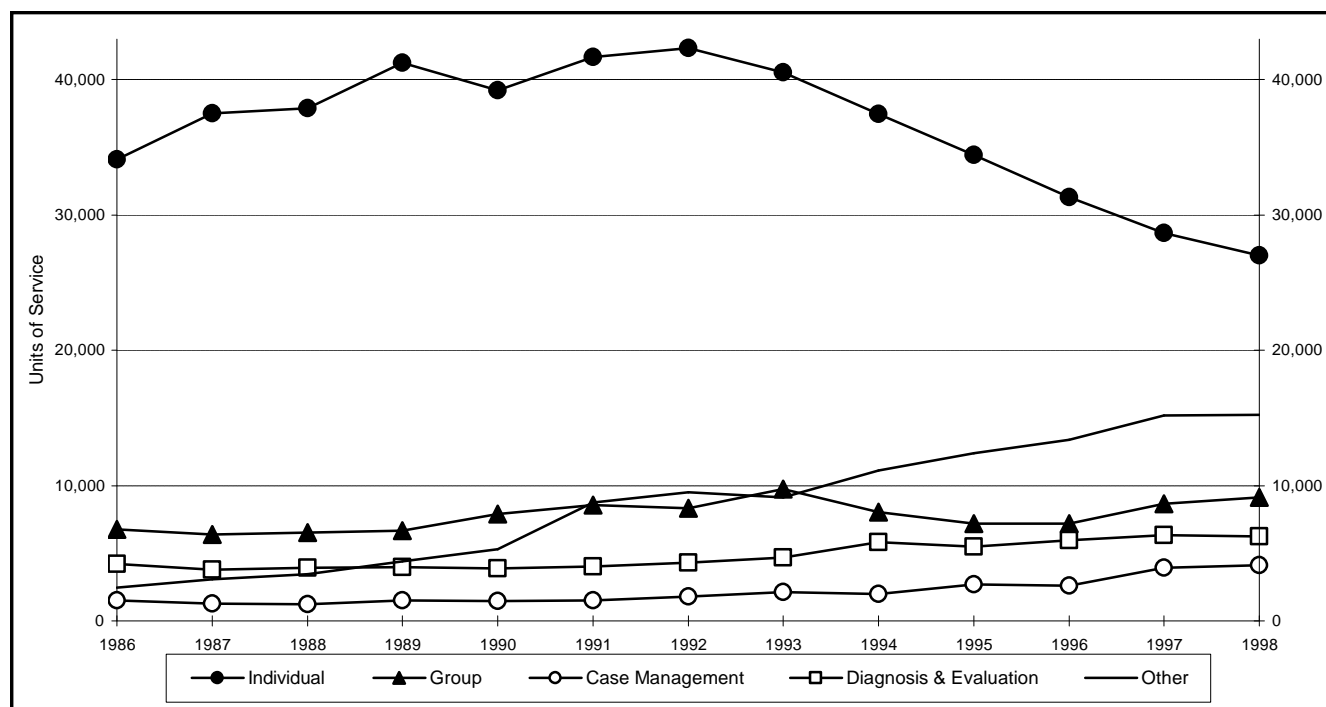
Viewed from a cross-sectional perspective, there are substantial differences in the practice patterns followed at different Adult Outpatient Programs. Individual counseling accounts for more than 80% of all services provided by the Adult Mental Health program at CSAC, and more than 70% of all Adult Mental Health Services at Washington County and the Clara Martin Center. At RACS and Northwest Counseling, by contrast, individual counseling accounts for less than half of all services provided by this program. There are substantial differences in the volume of other treatment modalities as well.

As we mentioned last week, it is important to attend to two questions before using information like this as an indicator of program performance. It is critical to know the degree to which these data provide a complete and accurate picture of the activities of Adult Mental Health Outpatient Programs. It is also essential to consider how the observed patterns compare to our values and expectations about appropriate patterns of community mental health services to clients of adult outpatient programs.

As always, these observations lead to a number of "next questions". Are the observed differences in practice patterns at different community mental health centers related to differences in characteristics of the people served? Do people in different demographic and clinical groups receive different services? And, most importantly, are differences in practice patterns related to different outcomes for clients of Adult Mental Health Outpatient programs.

We look forward to your comments, questions, and suggestions to 802-241-2638 or jpandiani@ddmhs.state.vt.us.

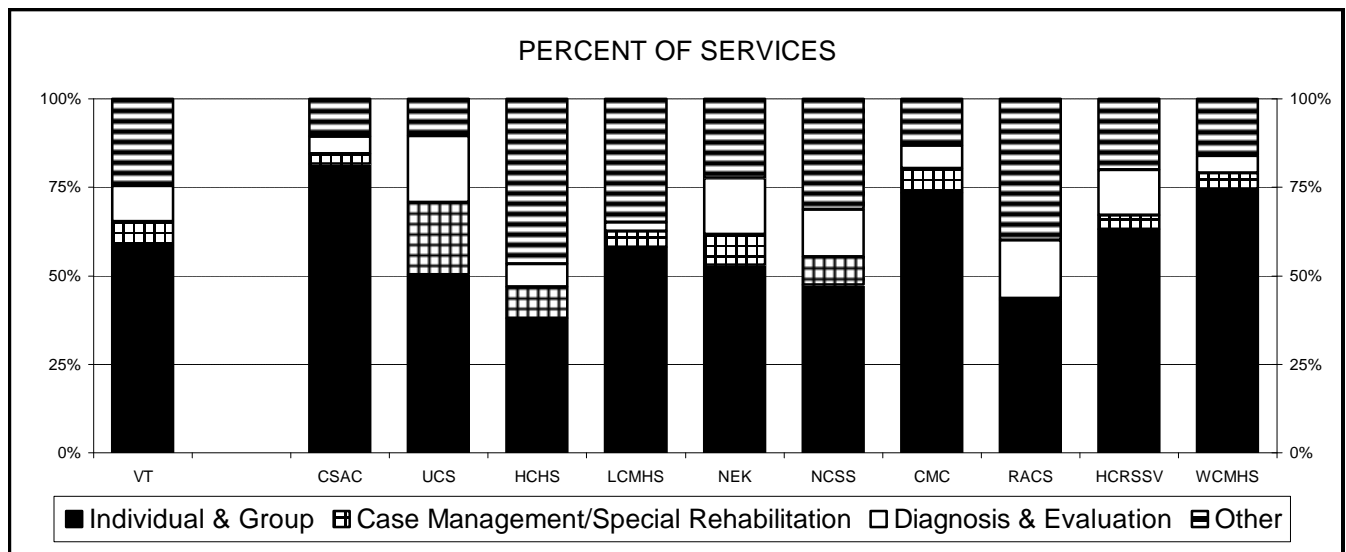
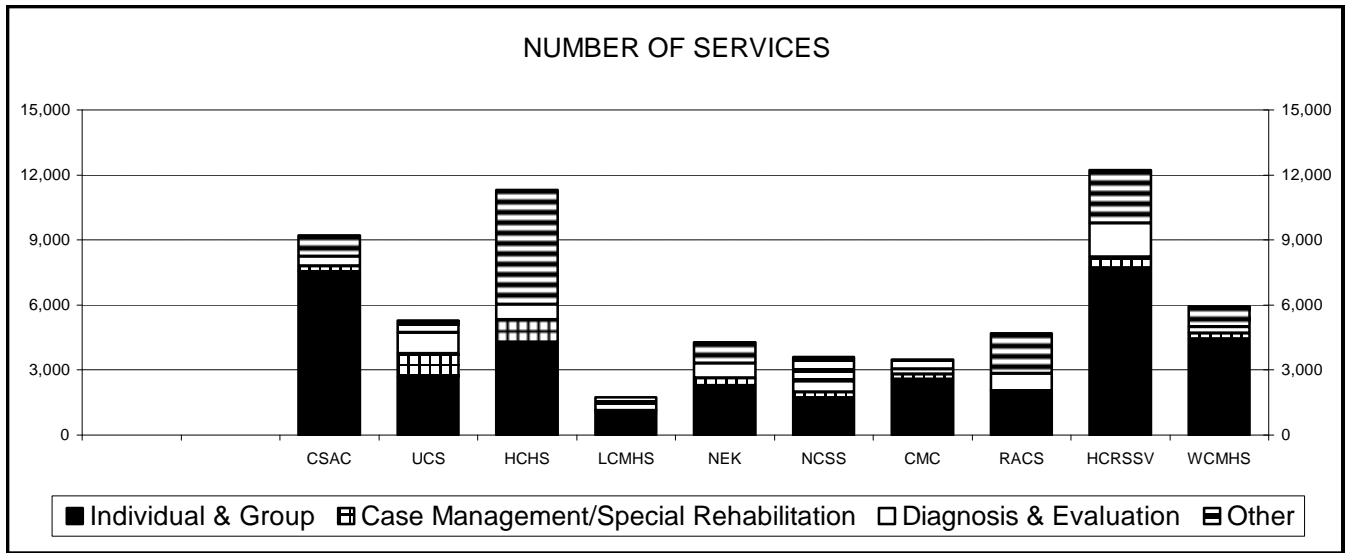
ADULT OUTPATIENT PROGRAMS SERVICES PROVIDED, FY1986 - FY1998



Fiscal Year	Individual Hours	Group Hours	Case Management Hours	Diagnosis & Evaluation Hours	Other Services	Total
1998	27,007	9,150	4,115	6,249	15,236	61,757
1997	28,669	8,642	3,926	6,333	15,206	62,776
1996	31,334	7,180	2,605	5,954	13,392	60,464
1995	34,419	7,187	2,677	5,509	12,402	62,195
1994	37,456	8,059	1,998	5,797	11,126	64,436
1993	40,517	9,726	2,133	4,689	9,141	66,205
1992	42,360	8,327	1,784	4,284	9,532	66,285
1991	41,685	8,578	1,518	4,025	8,747	64,552
1990	39,218	7,904	1,457	3,863	5,308	57,750
1989	41,272	6,667	1,505	3,986	4,377	57,806
1988	37,872	6,522	1,244	3,940	3,475	53,053
1987	37,509	6,393	1,281	3,791	3,053	52,027
1986	34,087	6,752	1,517	4,233	2,461	49,050

Information is based on quarterly service reports submitted by Vermont's community service providers. "Other Services" include chemotherapy visits and consultation & education hours and emergency care hours.

ADULT OUTPATIENT PROGRAMS SERVICES PROVIDED, FY1998



Region/Provider	Individual & Group Treatment Hours		Case Management/Specialized Rehabilitative Hours		Diagnosis & Evaluation Hours		Other Services		Total
	#	%	#	%	#	%	#	%	
Addison - CSAC	7,529	82%	253	3%	460	5%	982	11%	9,224
Bennington - UCS	2,659	50%	1,089	21%	989	19%	559	11%	5,296
Chittenden - HCHS	4,293	38%	1,008	9%	735	6%	5,275	47%	11,310
Lamoille - LCMHS	1,002	58%	78	5%	45	3%	603	35%	1,728
Northeast - NEK	2,262	53%	374	9%	677	16%	957	22%	4,269
Northwest - NCSS	1,704	47%	286	8%	477	13%	1,125	31%	3,592
Orange - CMC	2,560	73%	238	7%	230	7%	460	13%	3,487
Rutland - RACS	2,022	43%	27	1%	775	16%	1,875	40%	4,698
Southeast - HCRSSV	7,700	63%	502	4%	1,564	13%	2,448	20%	12,213
Washington - WCMHS	4,428	75%	261	4%	299	5%	953	16%	5,940
Total	36,157	59%	4,115	7%	6,249	10%	15,236	25%	61,757

Information is based on quarterly service reports submitted by Vermont's community service providers. "Other Services" include chemotherapy visits, consultation & education hours, and emergency care hours.